

The Daily Bites

March 27, 2011

The most outstanding Q & A, excerpts, examples, illustrations, definitions, and advice from the Daily Kabbalah Lesson of Dr. Michael Laitman and Bnei Baruch

Daily Kabbalah Tip

Advice in the daily Kabbalah lesson is recommended, practical tasks for advancing spiritually

On the "Table" of Your Heart

To write or to feel, that's the question.

You write down too many things. It's not good. It's better to try to feel. If you only write on paper, then you are working with your intellect. Your heart isn't working at that time and you are not together with everyone. You must take care and write down short notes and all the rest to try to transfer through feelings, so that it will be written on the "table" of your heart.

- from the 2nd part of the [Daily Kabbalah Lesson 03/27/11](#), The Zohar (minutes 24-26)

Daily Kabbalah Definition

Definitions in the daily Kabbalah lesson guide a precise, spiritual approach to terms, & disqualify materialized corporeal definitions

Prayer for Many

What is the "prayer for many" in spirituality?

"Prayer for many" is the tendency of bestowal that comes from within a person in relation to others. There is no Creator without the created beings. This form of general bestowal doesn't exist to any extent and there is no one to discover it, thus a person who wants to attain this attribute is included in the group and from the explanation that he receives and the work with the group, he begins to understand, by means of the inner connection between him and others, that actually the worry for the many and the worry for the Creator is the same thing. In the internality of the group is found the general

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force of bestowal. In the beginning, others are described to a person as the group, as the internality of the group, and afterwards he sees in this way that actually all the world is found in unity and the *Shechina* (Divinity) dwells in the entire world and then, the spiritual world is revealed to him, the spiritual reality.

- from the 1st part of the [Daily Kabbalah Lesson 03/27/11](#), "Prayer of Many" (minute15)